

Double Your Dating:

Sexual Communication

Workbook

By David DeAngelo

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SECTION 1: History, Theory, Background

'Sexual Communication' unravels the mystery of how to make women feel a strong sexual attraction for you just through how you communicate with them.

You don't have to be tall, rich, handsome, or young to make women sexually attracted to you... Because the secrets of 'Sexual Communication' alone can make women feel powerful attraction to you.

Some Men Are Amazingly Successful With Women

Here are a few bizarre examples from some of my highly successful friends:

Robert dates only extremely beautiful blonde women, but when we run into one while we're out, he holds his head high and his drink straight up in front of him and just keeps sipping from it, almost arrogantly.

Chris can walk up to any stunningly beautiful girl and say "Hey" in a totally comfortable way, and in most cases women respond to him within minutes with teasing and flirting-everywhere he goes, he's always got a date.

Greg hooks up with a women every time he goes out, and has a specific behavior he uses: once he meets a girl he likes, soon after they start talking he confidently leads her from one part of the club to another, e.g. from the bar to the dance-floor. He doesn't ask, he just leads.

Anthony was at a club with his super-attractive, super-personality girlfriend and she wandered around while we talked. Every few minutes she'd walk back to our table and put her arms around him or kiss him, but no matter what she did he wouldn't reorient his upper body towards her. He might turn his head to kiss her, but otherwise he'd allow HER to meet HIS position.

When Eric reaches sexual tension in conversation or the woman shows some sign meaning "I can't believe you just said that" he just squints at her and says "yeah" in a calm, satisfied tone.

David blatantly checks out women's bodies, and if they comment on it, just says "Hold on, I'm not finished"

Terry, dances with one woman, then another, then another... and pays no attention to any of them afterwards-until the women eventually make their way to him, standing around and trying to catch his attention.

Rick dates super-hot bisexual women only-frequently and easily, and asks new women he meets if they're bisexual within the first 5 minutes.

Asked for an opinion of a very sexy dress by an attractive girl trying on clothes, Simon responded casually "Do you have anything else?"

Rick intensely busts women's balls mercilessly wherever he goes, even the hottest stripper in a club-standing naked before him-gets made fun of, and somehow always has them kissing him in minutes, and they often just go home with him.

Craig, walks through the bar and introduces himself to every girl in the entire place first, then simply walks away.

Another friend insists that you have to make your approach within 3 seconds of making eye contact with a woman or it's all over.

One night I met a girl and our first interaction was an argument, a real verbal fight, but 60 to 90 minutes later she was sitting in my lap, rubbing herself all over me until her friend begged me to ask her for her number because she wasn't going to leave until I had taken it.

None of these stories make any kind of 'logical' sense. They sound like flukes, they sound counter-intuitive. So what's going on here?

They're Masters Of 'Sexual Communication'

We all know guys who are unusually good with women. Usually not the tallest, richest, or most handsome.

But somehow they always wind up with attractive women.

These guys know something most men don't. They literally speak a different language when dealing with women. I call this language 'Sexual Communication.'

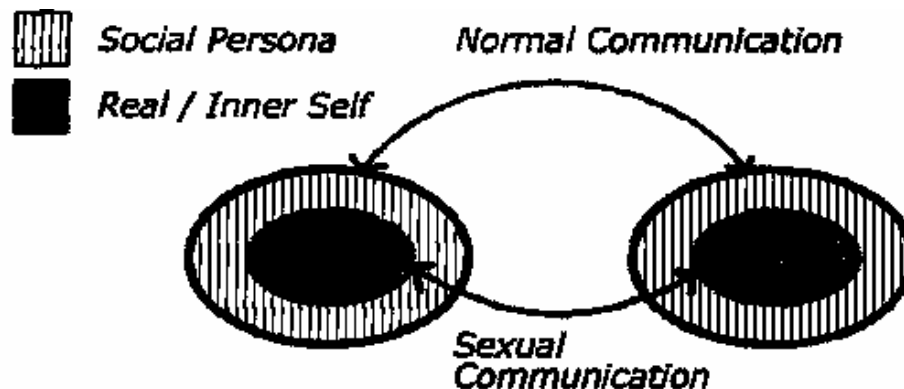
Sexual communication is another language. It's different from most 'typical' communication... but not different like English and Spanish. It's like the difference between English and Mathematics, or between English and binary computer code.

It has to start immediately... you must set the context right away by using it right away. If you don't, it won't 'develop' over time. The door will slam shut, and the opportunity will end forever.

The Elusive Obvious

If there were another language being spoken, how could I convince you of it? If there was but you didn't know about it, then you'd never look for it and never see it.

Knowing what to look for, observing it, and making patterns. This is how to learn the language of 'Sexual Communication.' Picture the following diagram of two people communicating with each other:



We all have a **'social persona'** we've developed to present to other people. Think of it as an outer shell which protects us from strangers-who might laugh, put down, or take advantage of us. Our persona obeys the rules of social etiquette so that we don't get hurt from revealing ourselves too much. (For those familiar with Freud, think of the 'Super-Ego.'")

The **'inner self'** is the big lump of needs and desires that we come pre-programmed with: food, shelter, acceptance, and of course, sex. (Freud's 'Id.') You can learn to break through the persona and communicate directly with the core-and the sexual desires lurking inside.

If you speak this powerful language correctly SHE'LL BECOME SEXUALLY ATTRACTED WHETHER SHE INTENDED TO OR NOT.

Attraction vs. Affection

Most guys try to CONVINCe a woman to feel attracted to them with compliments, or gifts, etc., or HOPE that it will happen if they are just 'nice guys.' But this can never work.

What they don't understand is the difference between ATTRACTION and 'affection.' Attraction isn't a choice, and it happens quickly or not at all. If you wait, go on dates, etc., affection may develop, but never attraction. Affection brings friendship, attraction brings passion.

Basically, inner sexuality is protected by the persona unless you communicate directly through to it. Once you know how, you can make a woman feel sexual attraction very rapidly this way. No gifts, dinners, or compliments required.

I believe that men are all born with the ability to communicate on this level and to trigger sexual attraction inside a woman. A variety of sources, including our culture, religion, etc., have buried this natural ability, or never allowed it to develop... or maybe we just never realized that it was there in the first place.

The goal of this program is to help you understand and develop that naturally sexually magnetic part of yourself that's always been there.

To explain why I believe in this ability even though it's hidden, let's briefly look into human biology, sexuality, and evolution.

Sexual Theory, Biology and Evolution

Men and women have evolved fascinating sexual differences over the last several hundred million years. Though these differences are hidden in our sub-consciousness, they still greatly affect everything we do.

We produce 500 million sperm but less than 1% is egg fertilizers-the rest are warrior-sperm designed to fight off other men's sperm!

Why have we developed this competitive system?

Because even though we think of them as the monogamous sex, WOMEN CHEAT.

Worldwide, ten percent of people have a different father than they think they do. In some places it's twice that.

Amazingly, women are *biologically encouraged* to cheat. A woman's sexual desire peaks at ovulation, and those in affairs tend to have sex with their lover but not their legitimate partner at this most fertile time.

Furthermore, women are much more likely to have an orgasm-which makes her much more likely to get pregnant-with their lovers than their official mates.

These discoveries reveal a shocking drive in women. Though this behavior is consciously rationalized, there's no denying the biological impulses at work behind the scenes.

Instinctive Courtship

In the animal kingdom, there are no 'words' or 'pick-up lines.' There's no way to say "Excuse me for interrupting you, but you're beautiful. Would you like to go out the day after tomorrow?"

Yet somehow all animals know exactly how to court each other and how to respond to courting. Every species knows what to look for and how to react if interested or not interested.

Watch two butterflies flying in circles around each other... or two birds doing a mating dance. Next time you're watching Discovery, think about the amazing fact that none of these animals has ever 'learned' how to attract a mate. It's all in there from birth...

As humans, I believe that we have the exact same abilities. It's just that, as I mentioned earlier, for various reasons these natural powers have never been developed by most men.

Human sexual ornamentation is much more complex than Peacock feathers, bird calls, or antler size. Most men don't realize what their sexual ornamentation is, much less how to demonstrate it...

What sets humans above the animals is our capacity for conscious thought. While muscle is attractive too, we actually court with our minds: art, humor, music, etc.

In order to cultivate your powers of sexual communication, it is therefore VERY important that you realize that this is something we're going to DEVELOP inside of you, not something that is totally alien knowledge. The more you develop, the more natural this skill will feel to use, and the better you'll become at it.

Just like anything else, if you've never flexed these muscles before, so to speak, the initial learning curve might be steeper. But stick with it. As you improve, you'll start to become more and more successful.

Note: You may have to give up ideas, perceptions, beliefs, or other closely held issues that are dear to your self-identity. You might have to change the way you look, talk, walk, behave, communicate, and think.

This isn't easy for most people. For now, just keep an open mind as we get deeper and deeper into the materials. As the pieces start to fit together and you notice them in the natural world it will come more easily.

The 4-Step Process Of Sexual Communication

When it comes to attraction, many rules of communication are reversed and turned on their heads. If it doesn't work the way you think it does, just clear your existing beliefs and start fresh.

I'm about to reveal the actual stages of sexual communication, and we'll go into each step in detail over the course of this book.

For now, here's the 4-step process of sexual communication:

1. Sparking attraction or chemistry (Flirting; openers; starting with cheeky, sassy humor)
2. Building sexual tension (Cocky and Funny, arrogance)
3. Amplifying the attraction (Two steps forward, one back; leaving your house immediately)
4. Physically advancing (Smelling, kissing, light touches, etc.)

The Power Of Belief

If you believe things are one way, then you'll use everything that you learn to prove yourself right, rather than seeing a new way. I'd like you to start realizing that there is another language being spoken all around you. This is the language of Sexual Communication. If you learn to speak this language, you'll begin making women feel a powerful sexual attraction for you.

So let's do an exercise on 'Identifying Limiting Beliefs.'

- List ten of your beliefs about your ability to sexually attract women
- Think about where those beliefs came from, how they first started
- For each belief, come up with a real or hypothetical situation where the belief is not true, and use it to doubt the belief
- Now list the new beliefs you'd like to replace the old ones with
- Come up with 10 present tense, positive statements about your new beliefs
- Write those 10 affirmations every day for the next 30 days, and imagine the kinds of success that will flow from them as you believe them more and more

For example:

- I get nervous when I talk to attractive women

- It started when I was rejected by a cute girl in junior-high
- I'm not nervous when I teach physics, even to cute coeds
- I can stay calm and confident in any situation
- I am calm and confident in every situation

Exercise 2:

Get Julius Fast's book Body Language and read chapter 7 "The Silent Language Of Love" while thinking about what is going on with the main character, "Mike."

SECTION 2: Concepts and Rules

In this section, I'll talk about the rules of conduct for sexual communication, some of the attitudes and rules of thumb for creating sexual tension, and how to handle some common situations you'll face when dealing with women.

How Women Treat Wusses

Have you ever had a woman challenge you or demand something in a way that gave you a sick, uncomfortable feeling in your stomach because you just didn't know what to do, but you wanted to do whatever you could to please her?

Have you ever done something to please or appease a woman, but by her response you could tell that she wasn't actually pleased by it?

Have you ever pursued a woman with everything you had... and done everything you could think of to show her you were falling for her... only to have her pull away?

Have you ever had a woman choose a jerk or an abusive guy over you... or even worse, cheat on you with one of these types?

Why Does This Happen?

Well, it's a combination of things.

Women are attracted to certain traits naturally. If you don't display these traits and create the impression in her mind that you embody these traits, then she's not likely to feel attracted to you... and she'll often challenge you directly to QUICKLY see how much of a WUSSY you are.

Women test men on a constant, ongoing basis. If you start failing these tests, they'll only get tougher and more intense... until she leaves.

If a woman begins to LOSE her ATTRACTION to a man, she'll become uncomfortable and start doing all kinds of strange things... which usually end in her leaving for another man... and it's not uncommon for that man to be an abusive personality whose Sexual Communication causes ATTRACTION.

Back To The Stages of Sexual Communication

In the last section, I mentioned that there is a specific sequence to Sexual Communication. Let's review that, and get a little more detailed with it.

1. Sparking attraction or chemistry (Flirting, openers, starting with cheeky, sassy humor)
2. Building sexual tension (Cocky and Funny, arrogance)
3. Amplifying the attraction (Two steps forward, one back... leaving the house immediately)
4. Physically advancing (Smelling, kissing, etc.)

Let me ask you... Do women make decisions about a man's 'masculinity' 'confidence' 'sexual awareness' etc. consciously or unconsciously? Do they make these decisions slowly, over time... or instantly?

They make them quickly and unconsciously. A woman doesn't choose to feel these attributes; she just senses they're there or they're not there.

Another question: What CUES do women look for on an unconscious level to figure out whether a man is sexually aware and confident or not? How can you project these cues so that women feel ATTRACTION for you and Sexual Tension around you?

In this section, we're going to focus on those things you need to have in order to present yourself in a way that NATURALLY SPARKS ATTRACTION, and also talk about some of the rules of thumb for Sexual Communication.

Masculine Qualities

I'd like to talk about cultivating 'traditionally masculine qualities.' Women have powerful gut level emotional responses to extremely masculine qualities in men. It may be an over-used saying but 'BE A MAN' is still generally good advice when it comes to attracting women.

If I had to sum it up, I'd say that women are attracted to the qualities of the LEADER. He doesn't look to others for approval, and instead does what he decides is the right thing... moving forward without signs of fear, self doubt, or cowardice. He lives in his own world, his own reality, and he doesn't let outside events emotionally destabilize him. He holds and carries himself in a naturally confident way, and he projects AUTHORITY in everything he does and says.

Qualities Of The Sexually Attractive Man

- Over-confidence that's charming, funny, etc.
- Leadership/not needing approval
- Confidence/lack of insecurity
- Dominance
- Control
- Selfishness
- Composure, unflappability
- Being Unapologetic
- Crass
- Picky
- Judgmental
- Not accepting 2n^d class behavior or treatment from others
- Overly selective
- Territorial
- In control of self/sex drive, but just barely
- Tells others what to do
- Your reality
- Strong Posture/Gestures
- Strong eye contact

Women And Testing

Women test men. They do this for various reasons, and as far as I'm concerned it's mostly unconscious. In other words, they've done it so much and for so long that it's just become part of their way of communicating.

Tests include: canceling plans with little or no notice, challenging you in front of other people, playing games like asking for your number instead of giving hers, asking for gifts or favors, getting upset or dramatic and seeing if you'll accept it, and a million others.

But the question is WHY? Why do women test us? What's their motive?

The Fascinating Why

Women test men because they need to QUICKLY figure out what they're dealing with, and they can't expect a man to just be straight up and honest about his strengths and weaknesses.

I mean, let's face it... us guys like to talk a big game, but when it comes to walking the talk, we often can't back it up.

Also, attractive women have a lot of options. They have their pick of men. And attractive women prefer STRONG men.

Not physically strong (although this can be an advantage), but strong in CHARACTER and PERSONALITY.

So let me ask you... if you were an attractive woman that was being chased around by 100 guys, how would YOU go about figuring out which one or ones was the 'real deal' and which were merely FAKING strength and confidence?

Of course... you'd have to TEST.

But you couldn't test by saying "OK, I'm going to give you a test now, so get ready."

No no no.

You'd have to use 'blind' tests. Tests that would allow you to see a man's true strengths and weaknesses. And in fact, you'd want to use tests that ideally DIDN'T ALLOW HIM TO KNOW THAT YOU WERE TESTING... OR WHAT YOU HAD DISCOVERED ABOUT HIM WITH THOSE TESTS. This way, if he turned out to be a wussbag, you could slip away quickly and easily.

This would give you the power.

And if you did this OFTEN, you'd eventually become so accustomed to doing it that MANY of the tests would become UNCONSCIOUS and work their way into your NATURAL, EVERY-DAY way of communicating with men.

Well guess what?

That's what's going on with attractive women.

Many of the tests that they use with men are actually OUTSIDE OF THEIR AWARENESS. They test us automatically!

And if you fail one of these tests, there's a good chance that you won't get another chance.

In this fast-paced world, we don't have time to get to know people over a few months or years to figure out whether or not they're the kind of person that would make a good friend or mate.

We need to know NOW.

So we use shortcuts.

Testing is a shortcut for women.

It lets them discover VERY RAPIDLY whether you have BALLS, or if you're just another one of the bazillion wusses that are trying to get her attention.

Passing Women's Tests

If you know how to deal with a woman's tests and not let them affect you emotionally, you'll maintain and increase the attraction level. If you start failing the tests and turn into a WUSSY, chances are the tests will get more and more uncomfortable and she'll probably be leaving shortly.

Women will always test you, so get over it.

Make sure when a woman tests you that you're ready for it, that you don't take it personally, and that you know how to handle yourself. In fact, if you know how to behave in the first place, you'll minimize the testing that occurs with women, and even prevent a lot of it up front.

Rules Of Thumb

We're now going to talk about some rules of thumb for Sexual Communication. Some are for dealing with tests, some are to prevent tests, and some are tests of your own. These ideas, when combined, create a powerful personality mix that is VERY interesting, unpredictable, and completely attractive to women.

The key to remember is that, all together, these ideas create a whole picture, a way of communicating that creates SEXUAL TENSION and leads to ATTRACTION.

A couple of concepts to keep in mind with these rules of thumb:

1. Stop with the idea of 'just being yourself'. For most guys 'just being yourself' is actually just being a manipulative, ass-kissing, wussy. It's nothing at all like ACTUALLY 'being yourself.' The rules of ATTRACTION are very different from

the rules of 'how to be a nice, socially acceptable, accommodating guy'... remember that.

2. Remember, women interpret everything. They're always asking "what did that mean?" Men tend to take communication at face value, and women tend to read into EVERYTHING. Learn to speak in CODE instead of being EXPLICIT. If you're explicit, you'll be suspect. The purpose of these concepts is to project the right message SUBTLY instead of explicitly and directly.

Don't treat these ideas as techniques. They're just elements you didn't know about the boy meets girl story; until now. As you use them, they'll become more and more comfortable and natural to you. They keep it interesting for HER.... and the proof is that she'll stick around.

Now, not all of these concepts are going to make sense at first, so remember, the more you use them, the more sense they'll make!

Attitudes

Combining these creates a cocky, indifferent, aloof air to your personality:

- There is no downside.
- I'm indifferent to the outcome.
- I'm a catch, and time with me is rare and valuable. She's getting the better end of the deal.
- She wants me, but I'm going to tease her to see how much.
- She's going to have to prove herself as above-average, even though I suspect that she is above average.

Strategies

Steal her frame. Attractive women are GREAT at making men attracted to them. They know how to make men uncomfortable, how to be cold, how to tease and manipulate in a way that drives us guys CRAZY.

Well, do the same with them. Women will ACT like they're upset, but they'll love you if you can steal their frame. If you can steal a woman's frame and her lines, she'll often start acting like a confused, frustrated guy who doesn't know what else to say... it's hilarious!

Here are some strategies:

Be a challenge, play hard to get, etc. Talk to her for a few minutes, then walk away, etc.

Make her want what you have. Give a little, tease with it, but don't make it easy to get.

Be mysterious (for instance, never answering questions about work, education, etc.)

Techniques

1. Never give a woman a direct answer, unless it's no.
2. Answer questions with questions that implicate her or get her to commit to something.
3. If she complains or doesn't like something, turn it up and give it back.
4. Never give a woman exactly what she asks for.
5. Always send mixed signals.
6. Use "Let's be friends."
7. Be unpredictable. Keep mixing it up and changing your patterns.
8. Be distinctive/Don't be boring.
9. Send mixed messages.
10. Take two steps forward, then one step back
11. Never let the line go slack-always keep some tension 12. It's like playing poker, always raise and call her bluff
13. When you're in a Cocky & Funny 'role' that works, stick with it! 14. Lead and move forward confidently!
15. Never act apologetic, insecure, try to get approval, or like you're trying to impress.
16. Don't be a WUSSY.

Masculinity Exercises

1. Take this list of techniques and come up with a way you can use each one immediately, and start using them.

2. Make a list of 5 masculine traits you'd like to develop. Then list 3 ways you can start working IMMEDIATELY to enhance these areas. Important areas to focus on include:

- Confident posture (lift chest) and slow deliberate gestures, eliminate nervous ticks, etc.
- Dealing with your insecurities so you communicate confidently
- Taking charge of situations and making decisions
- Not accepting 2nd class behavior or treatment from others
- Being picky about what's good enough for your life

3. Write down 10 clear memories of being tested by a woman, and think again about how much power she really had over you. Then write down how you'd deal with the situation differently next time.

The more you review and use these concepts, the better you'll become at using them, and the more Sexual Tension and ATTRACTION you'll create.

SECTION 3: Sparking & Building

"...What is a bad boy? He's a rebel without a cause, a cool dude in a motorcycle jacket, a real-life Huckleberry Finn who wants to take you on a wild river ride to adventure. He's wounded, moody, misunderstood-a dreamer, a seducer, a daredevil. He is a man of mystery and a fascinating paradox. He's both a lost little boy and a man with a dark side. He breaks your heart with his wicked ways, but whether he's a wanton wolf or a dangerous desperado, he makes you long to rescue him from his pain. He's hurtful cruel, or simply careless and self-absorbed, but you can't resist jumping on his motorcycle and roaring off into the steamy night with him. And once you've given him your heart forever... he's gone with the wind! He is someone who sets off throbbing sexual and aggressive passions within you. Because he's aloof and elusive, you get caught up in the challenge and excitement of the chase-though he's not always someone you'd really want even if you did capture him. A bad boy may tell you he's generally right. He's a frog you hope to turn into a fairy-tale prince with the magic of your kiss..."

- "Bad Boys" by Carol Lieberman and Lisa Collier

It's All About Emotions

Now, take a moment and think about what that passage said. She's talking about an emotion. You can only describe an emotion with words.... But imagine the feeling behind the words "He is someone who sets off throbbing sexual and aggressive passions within you." HE SETS OFF THROBBING SEXUAL PASSIONS.

Not 'he convinces you to feel' or 'buys you dinner until you like him.' We're talking about SETTING OFF THROBBING SEXUAL PASSIONS HERE! And this isn't because he's handsome. It's because the BAD BOY IS DOING SOMETHING DIFFERENT. He's communicating in a different way... and we're going to talk about what that way is.

There's no doubt that 'bad boys' attract women. But most 'bad boys' also have a dark side. They're abusive. But attractive doesn't have to be abusive. I believe you can take what bad boys do to set off amazing throbbing sexual passions inside women BUT LEAVE THE ABUSE BEHIND.

So let's talk about this special type of communication, and how YOU can use it to attract women. What I'm about to share is based on years of my personal time, research, and experimentation. This is powerful stuff that I had to figure out in the real world.

A Quick Review To Set This Up

Sexual Communication is a very different language, like the difference between English and binary computer code.

This language must be sparked from the very beginning and set as the 'frame' for the rest of the relationship. If you don't start speaking it right from the beginning, women won't speak it either.

ATTRACTION ISNT A CHOICE... so you can't CONVINCe a woman to feel the emotion of attraction for you... it happens outside of the conscious choice process.

Just remember the four steps of the process of Sexual Communication:

1. Sparking attraction or chemistry (Flirting, openers, starting with cheeky, sassy humor)
2. Building sexual tension (Cocky and Funny, arrogance)
3. Amplifying the attraction (Two steps forward, one back... leaving house immediately)
4. Physically advancing (Smelling, kissing, etc.)

...and remember that we were all born knowing how to communicate sexually, but that most of us have never developed these natural abilities. Even though they may seem unnatural or uncomfortable at first, with time they'll develop into a natural part of your personality, just like you might learn how to walk or speak.

Women basically NEVER feel sexual attraction for WUSSIES, so develop traditionally masculine traits and qualities which are naturally attractive to women.

Respond to women's tests with a challenge that increases attraction and avoids acting like a WUSSY.

Apply the attitudes, strategies, and techniques that cultivate the personality that's naturally ATTRACTIVE to women: leadership, unpredictability, being challenging, etc.

In this section, we're going to talk about some more SPECIFICS for the first two steps of Sexual Communication: sparking the attraction and building sexual tension.

Sexual Tension

What is 'sexual tension' or 'chemistry'?

Most guys think it's when two people are PHYSICALLY attracted to each other, and get MORE attracted as they talk.

Well, WOMEN know exactly what sexual tension and chemistry are, but men have no real idea because they think it's all based on physical looks.

And because most men aren't young, tall, and handsome they don't even ENTERTAIN the concept that they could enjoy creating and amplifying sexual tension and chemistry with attractive women.

Chemistry is a reference to a FEELING... an EMOTION. If the woman feels the emotion, chemistry is present.

Sexual tension is created by flirting, being suggestive, using humor, and demonstrating that you're sexually confident and aware and that you know what's going on, but you're not desperate... so you can lay back and enjoy the sparks and unpredictable story that's unfolding.

ANTICIPATION is a big part of this puzzle. Most men don't see any need for enjoying anticipation... instead thinking they should just go for it and get it done now... but as Russell Crowe found out in A Beautiful Mind, when you sit down at the bar and say "I mean essentially we are talking about fluid exchange, right? So could we go just straight to the sex?" you just get a drink thrown in your face.

You Must Spark Chemistry First

The chemistry has to be SPARKED initially. If you're not an unusually attractive man, then YOU'RE GOING TO HAVE TO BE THE ONE TO DO IT. You're going to have to do pro-active things EVERY time you start talking to a new woman to SPARK the chemistry.

Once you get this at a deep level and start to do it, you'll see something magical start to happen... women will start responding to you in the most wonderful ways. They'll start flirting back, and you'll see that you have the power to frame and set up your relationships with women correctly RIGHT FROM THE BEGINNING. Instead of being seen as the nice friendly friend, you can POSITION yourself as someone who makes her feel ATTRACTION.

I'm about to talk about a couple of different concepts, and how to use them to spark and amplify attraction. These concepts are FLIRTING and being COCKY & FUNNY. Flirting and Being Cocky & Funny can be one and the same, but I'm going to explain them separately, so you can understand how they work together.

Flirting

First I want to talk about the concept of 'flirting,' and why it's SO important that you understand exactly what it is and how to do it with women.

To begin with, women know what flirting is, and they respond VERY differently to flirtatious communication than they do to typical social communication.

Again, if you understand flirting and sexual tension, you can begin conversations with women and have them INSTANTLY feeling ATTRACTION for you.

If you DON'T understand how flirting and sexual tension work, then you're either going to have to become famous or make a LOT of money to be successful with women.

I'm going to suggest that you learn how to flirt well, and then do it RIGHT FROM THE BEGINNING in your interactions with women to SET THE RIGHT TONE.

Think of flirting like playing.

Remember when you were a kid and you used to 'play fight' with your friends?

What's the difference between 'play' wrestling and 'real' wrestling?

And how do you know the difference when it's happening... when your friend runs up and pushes you down, then jumps on you and tries to pin you?

The answer is YOU JUST KNOW. It's obvious to humans (and other animals, by the way) when someone is 'playing' and when they're serious.

Flirting is similar.

If you start talking to a woman and say "Hi, you're very pretty. You probably have a boyfriend, right?" in a normal tone of voice, you're NOT flirting. You're just hitting on her, just showing you're attracted to her.

On the other hand, if you say "Hi, I realize that you're probably shy because you get no attention from men... so I thought I'd come over here and pay attention to you..." it's OBVIOUS that you're not being serious. This is flirting. You're showing that you might be attracted to her

By the way, flirting IS NOT simply telling jokes, or trying to be 'cute.'

It's so funny to me how some guys write in because they can't see themselves flirting because they don't want to come across as jerks.

This really cracks me up... because it's obvious to me that these guys JUST DON'T GET IT.

So let me explain this whole thing a different way...

Flirt From The *Very* Start

If you know how to communicate the right way, women will respond to you RIGHT FROM THE BEGINNING with a HIGH LEVEL of sexual interest and ATTRACTION.

When you know how to incorporate flirting as a form of 'adult verbal play,' you tune in to a certain frequency in a woman's mind, and cause her to go into a very special kind of emotional state.

One of the keys to effective flirting is to 'get it.' In other words, you have to actually get out there and practice so you get a 'feel' for how it works.

I think a lot of guys give up when they try a cute line or technique and a woman responds negatively. Instead of just realizing that they need more practice or that the woman might have just been in a bad mood or even one of those horrible 'I don't have a sense of humor' cases, they take it personally and decide that it means they're a failure.

But take my word for it... once you learn how to flirt effectively and communicate in the language of 'adult play' you WILL SIMPLY NOT BELIEVE how women will respond to you.

Flirting Example

Here's an example of some of one of my favorite topics to 'riff on' when flirting... the topic of getting married and us being in a relationship... and I'll give it to you in the form of a sample dialogue. Keep in mind, I might have a conversation like this with a woman that I just met five minutes earlier...

Her: "I have a good job, and I make good money"

Me: "Nice. I like that in a woman. Want to get married? We could leave for Vegas right now and be married in about 4 or 5 hours. I need a woman with money."

Her: <Laughter> "OK, that sounds like a plan"

Me: "But wait a minute... do you think you can support the both of us on your income? I really want to be a stay at home husband... you know, keep an eye on the TV and such."

Her: "Oh, no... I won't support you."

Me: "Well, then I'm breaking up with you. It's over between us. I was going to marry you, then divorce you a week later and take half your money."

Her: <Laughter> "You can't break up with me! I'm not even your girlfriend."

Me: "That's all the more reason."

Do you get what's going on here?

I'm taking a normal conversation topic (her job and income) and redirecting the conversation in a flirtatious way to create a fun mood and sexual tension (by suggesting marriage, divorce, and breaking up over her not supporting me, etc.).

Practicing

If the above example doesn't make any sense to you, then take that as a sign that you need to get out and practice more. Try it on a waitress or two.

When you ask for something and she says "I'm sorry, we don't have that," just say "OK, this relationship isn't working out... I'm going to have to break up with you."

In fact, you can say this in just about ANY situation with ANY woman where she's saying something that you don't like, and it's funny.

When you communicate like this, you're FLIRTING, you're TEASING, and you're initiating a DIFFERENT KIND OF COMMUNICATION than most men initiate.

And as soon as the woman you're talking to 'engages' you in this kind of dialogue, THE GAME IS ON.

Non-Verbal Flirting

There are a LOT of ways you can flirt that DON'T REQUIRE WORDS.

If a woman looks at you and raises one eyebrow, look back at her and do the same... only exaggerate it.

If a woman puts her hand on your arm, look down at it, then look up at her in a surprised way, then raise your eyebrows as if you just had a major "ah ha!" realization... then start smiling and nodding your head as if you just realized that she wants you. This is a powerful combination because it's funny, and it exaggerates the meaning in her touching you.

There are a MILLION ways to flirt like this, but the point that I'm trying to make is that you NEED TO START DOING IT RIGHT FROM THE BEGINNING OF YOUR INTERACTIONS WITH WOMEN.

FIVE WAYS TO SPARK THE CHEMISTRY BY FLIRTING

1. Giving her a hard time about something in a flirty way. In person, when responding to her personal ad, etc.

2. Mentioning how the relationship just doesn't seem to be working.

3. Faking despair at something she's doing... shaking your head and exhaling.

4. Overly dramatic complaints about her job performance, behavior, difficulty, etc.

5. Behaving like you could take her or leave her... and like she's just a good friend (too comfortable)... unlike all the other men who communicate that they're awed and in Wussville because they're INTERESTED.

Cocky And Funny

Now I'm going to talk about one of my favorite concepts, which might be called 'EXTREME FLIRTING'... Cocky & Funny, and it's something that almost EVERY 'naturally successful' guy does to attract women.

Cocky & Funny is simply a powerful, concentrated way of flirting and creating sexual tension with a specific kind of humor.

Now, it just doesn't make sense to some guys that teasing women, busting their balls, being slightly arrogant, not kissing up to them, etc. could or should make them feel attraction.

I can understand this, because I was exactly the same way the first few times I heard it and saw it.

I kept thinking to myself "If I do this cocky and funny thing, I'm only going to come across as arrogant... and that can't make women like me more."

Well, was I ever wrong?

Once Again: ATTRACTION ISN'T A CHOICE

You must always remember that ATTRACTION isn't logical. It doesn't follow the rules that it 'should' follow.

ATTRACTION is a very powerful emotion that has reasons and triggers that don't make any sense at first glance...

I'm sure you've seen many attractive women with guys who mistreated them, abused them, and were exactly the opposite of what you'd expect a woman to accept.

Why?

ATTRACTION. In the beginning she felt attraction, and as bad as it may sound, almost no amount of being 'bad', abusive, or jerk-ish can convince a woman feeling a strong attraction to leave.

So let me take the opportunity to talk a bit about the Cocky+Funny attitude, why it works, and how to use it to attract women (without having to be an abusive jerk).

It's Cocky BALANCED With Funny

First of all, you have to remember that the formula is Cocky PLUS Funny. Always both.

If you act too cocky, you'll come off as arrogant and insecure only.

If you're just funny, always telling jokes, and making people laugh, you will probably come across as 'too goofy.'

But if you use BOTH together, you will create magic.

Cocky+Funny is like sparring... it's sport... it's fun... it's challenging... it's interesting when used with skill.

So let's get clear about what 'Cocky+Funny' is.

Here's a cocky statement: "Her dress makes her look fat."

Here's a Cocky+Funny statement: "If she doesn't find a dress that fits better, the fashion police are going to send in the SWAT team for her ass."

Get it?

Start with arrogance, then add humor.

Why Does C&F Attract Women?

Well, the short answer is: COCKY AND FUNNY ATTRACTS WOMEN BECAUSE IT QUICKLY AND DIRECTLY SAYS ALL THE RIGHT THINGS ABOUT YOU.

Women are attracted to 'alpha male' types. We all know that. Women are attracted to a sense of humor. We all know that one too.

Women AREN'T attracted to men who give away their power, kiss up to them, smother them with attention, act like whipped puppies, and get nervous just being in the same room.

If you meet an attractive woman, and IMMEDIATELY start giving her a hard time about something, busting on her, and have fun, it basically says:

"You are interesting enough to talk to, but you're going to have to do a lot more than just look good to impress me. Your beauty doesn't make me nervous in the slightest, I'm perfectly calm, and in fact, I'm so comfortable that I just noticed something about you that I'm going to make fun of..."

There is no faster way on earth to communicate all the right attitudes, beliefs, self-image, comfort, confidence, and power than to be Cocky and Funny.

(Except maybe to put on a perfect Brad Pitt costume.)

Once you start using this attitude, you will be totally astounded at the results.

Low-Risk Example:

Next time you're at the grocery store in the checkout line paying for your groceries, say: "So how much of this cash do you get to keep?" (as you hand her the money).

She'll probably laugh and say: "None... I wish."

To which you can respond: "Oh, I figured you were pocketing 10 or 20%... I assumed you were rich and could support me. But now I'm not interested... I want a rich girl." (Turn up your nose)

This is a great one. It's always fun to ask a woman if she's rich or famous, and then when she says that she's not, tell her that it messed up her chances with you, and that you're not interested anymore.

Don't Back Down

One of the keys to the Cocky+Funny attitude is to never 'crack.' If she opens her mouth and gives you the "I can't believe you just said that" look, you need to turn it up a notch...

Most guys will crack and say "Oh, I was just kidding." DON'T DO THAT! It makes you look like a wussy.

In the example above, if the checker looks at you and gives you the open mouthed 'I can't believe you said that' look, and says "Hey! I may not be rich, but I'm nice!" you just look at her and say "Nice isn't good enough, I need RICH AND nice."

Your goal is not to upset a woman, but to get under her skin enough by teasing, busting on her, and acting cocky and funny that it ignites the magical attraction mechanism.

Cocky and Funny Examples

A universal way to open by flirting is to say "You know what they say about women who..." and then DON'T TELL THEM. Just look at them in a knowing way.

"So what's with the big purse? Are you carrying a gun in there?"

If she says that she likes something, say "You would".

"Those are some pretty tall shoes, what are you, like 4 feet, without them?"

Compliments: "Look, I'm not like other guys. This compliment thing isn't going to get you anywhere." "Already starting with the compliments, huh? Look, let's just get this over with... go buy me the drink already." "I'm not giving you my phone number, so just quit." "Cummon, can't you at least think of something original to compliment me on?"

Mimic something that she's doing in a funny way. For instance, if she has really rigid posture, pull your shoulders back, sit up extra straight, and say "I really think you should work on your posture." This usually gets a confused laugh because it sends a mixed message. People only do things like this if they're feeling comfortable, so this sends the message that 'I'm in a fun, comfortable mood.'

Pick up something small and swat her with it! This is one of my very favorites. Now, I don't mean hit her in a way that will hurt or leave a mark... I mean pick up a napkin and swat her in the arm with it when she makes a smart-Alec comment. What's this all about? For some reason, when you do this VERY childish thing, it just lightens up the situation, and makes her get into a playful mood. I also like to use this one after I've made fun of her and she's pretending that the comment bothered her. Try napkins, small menus, or other things that won't hurt, but will be funny.

Say "Get!" and push her away.

Suspense, being serious while joking, it's like heavy sarcasm mixed with suspense. If she asks "How long has it been since you've been on a date?" pause, look serious, and say "Does my mom count?"

...the idea is to always be arrogantly funny... and to practice until you can improvise with any situation, and turn anything around.

More Cocky It Funny Ideas To Build Sexual Tension

These are things to do after you're out on the first meeting, maybe sitting down for a cup of tea, or if you meet in a situation where you're going to continue talking-you didn't want to just get her phone number and walk away, maybe you're at a bar and after talking for five to ten minutes you want to start turning it up.

1) 'Sexual Misinterpretation' is interpreting her comments from the 'she wants me' frame-as if they're sexual innuendo. For example, respond to "It's late, time for bed," with ""I don't think we've known each other long enough for that!"

There are lots of common phrases and words to treat this way: 'going home,' 'going to bed,' or 'going out,' 'sex,' moving,' etc. You can make them all imply that she already wants you, is trying to pick you up, and isn't being subtle or classy about it:

- If she sighs and says "Mmm, you know, I think it might be time to go home" you can answer with a response like looking at your watch and saying "I've been talking to you for fifteen minutes, I'm not going home with you."
- Her saying "Oh, I need to go out more," might make you ask "Well, where are you taking me?-It better be good."
- If she talks about sex accuse her of being sexually frustrated.
- If she mentions moving, tell her you're not moving in with her, you barely know her in a somewhat surprised fashion, then add the humor with a comment like "And besides, I don't like that area!"

And then of course, bust on her because she's not being subtle or classy by making these sexual innuendoes so soon.

2) Use backhanded compliments, if any: "Those shoes are beautiful... I'll bet they looked great when they were new."

3) Dangle 'take aways' like "Well if you would have been nice, I would have taken you to this other place."

Continuing The Conversation

Maintain the lead and keep the initiative as you talk. Communicate that you're selective and that you're the selector. Continue flirting by being picky about other things, saying she might screw up her chances, telling her "uh oh, that's strike one" when she does some little thing wrong, etc.

Play games... would you X? How much money would it take to get you to X? What would you do if I X? Come up with funny, preposterous situations, role-play older/younger gold-digger relationships, lesbian scenarios, etc. Imply strange and unusual sexual lifestyles without being overly crass or lewd.

Also, play analyst to the stars, or start guessing games about others nearby.

Never be explicit. Women are always interpreting a hidden meaning behind the words, so always imply. Don't communicate directly like a man, but subtly and suggestively the way women communicate.

Other Ideas For First Conversation

The best way to deal with women's tests? Simply laugh. See them as cute.

Always act like you have the power, and that whatever you do she's going to love. Never give your power away verbally, non-verbally, or otherwise. Don't pander, try to get approval, apologize, or act weak.

If you do something that she obviously doesn't like, don't act like it's YOUR problem, act like it's HER problem. This is a great way of dealing with ANY challenge that comes up.

Sometimes I meet a TALL woman that I think is attractive, but something tells me she's not attracted to me because I'm not that tall. In response, I automatically take the mindset that "I don't usually like taller women, but I'll make an exception for this one." Then I figure out a way to communicate this to her... I might start talking to her and then say "Well, at first I wasn't going to come over and talk to you because I don't usually date women who are taller than me... but I'm glad that I talked to you, because you're fun..."

This turns a disadvantage completely around into an advantage for me.

YOU HAVE TO COMMUNICATE THAT YOU'RE THE ONE WHO'S MAKING THE EXCEPTION! Or, if you want to really give her a hard time, you could make her laugh and have fun with her, then say "Well, it's really too bad you're so tall..." then give her a hard time and mention how if she were only a few inches shorter you'd ask her out. Are you with me?

Don't imagine limitations for yourself, and don't let her limitations be yours. Remember that this can be used in ANY situation where you think that a woman has a certain 'type' that she's attracted to and turn it around into a Cocky & Funny, charming dialogue.

Here's A Paradox:

Can attraction arise from conflict or confrontation?

Yes. In fact, confrontation can rapidly accelerate attraction when done right. Cocky and funny, teasing, busting on, etc. is minor conflict, and it gets RIGHT TO THE POINT. It passes tests quickly, because if you're willing to risk rejection so

soon, you must be the 'real deal.' This means that you have to become comfortable with light confrontation and conflict!

It's ok.

Light conflict is no big deal. Just because a woman happens to be attractive is no reason to be afraid of her taking you the wrong way. When someone you've just met gets upset with you, just remember the child's reply: "sticks and stones may break my bones, but words will never hurt me."

A great model for attractive confrontation is to watch the new James Bond movie *DIE ANOTHER DAY* and watch his attitude, body language, and Cocky & Funny lines laden with sexual innuendo.

Exercises

Start flirting with every single woman you meet. Make it a goal to flirt with 10 women a day for the next 10 days. Choose one to three ways to start sexual communication, to set off the spark, and have them ready so that when you meet a woman you can simply try out what you'd imagined beforehand.

I don't care if it's your aunt or some hundred year old woman that you run into on the sidewalk: flirt, tease, make jokes, etc. You can try with every woman you meet. Some of them might not be ones you want to ask out, but if you start communicating with women in this way you set-off of a different pattern of interaction than the one you're used to-and you'll learn from it. If your work environment has a lot of women in it then it's a great place to get this practice.

Make it a goal to get out and do this. This exercise alone will give you 100 different experiences with starting the conversation with the spark of chemistry.

The next thing is to take some examples I gave of being Cocky and Funny, like "You know what they say about women who...", and begin using them all time, with every women you interact with. Take the 10 most common interview type questions you're asked, like "Where do you live/What do you do/Family/School," and come up with an answer you're going to give whenever you're asked those questions. THEN USE THEM.

Communicating in this language takes practice, especially if you're not familiar with it, just like any other foreign language, just like your first language did when you were a baby.

Having standard, stock, default responses to common situations is fine because the situations themselves are standard, stock, and default, and being able to respond will teach you how to improvise responses that communicate the same desired meaning.

SECTION 4: Getting Physical

We're at last going to discuss the PHYSICAL aspects of sexual communication. From eye contact and specific body language to kissing, and transitioning into sex.

A final review of the four steps in the process of Sexual Communication:

1. Sparking attraction or chemistry (Flirting, openers, starting with cheeky, sassy humor)
2. Building sexual tension (Cocky and Funny, arrogance)
3. Amplifying the attraction (Two steps forward, one back... leaving house immediately)
4. Physically advancing (Smelling, kissing, etc.)

We're going to focus in this section on 3 and 4, Amplifying the Attraction, and Physically Advancing. So I'm going to start with eye contact, voice tone, and body language.

Body Language

As you've probably heard me say before, about 93% of your communication is your voice tone and body language, and only about 7% is the words you use. Let me give you a few pointers about the body language and voice tone you need to use when communicating SEXUALLY with a woman.

I've read some estimates that women are approximately TEN TIMES as good at reading and communicating with subtle body language as men.

Women can generally always tell what kind of mood another person is in just by looking at them. Your body language communicates SO MUCH to women. You need to pay attention to everything you do, from your posture and how you hold yourself, to how you walk, to how you gesture.

A few pointers: Hold yourself upright with good posture... raise your chest, keep your shoulders back. Don't lean toward, lean back. Move slowly and comfortably; walk slowly and gracefully.

Eye Contact

Eye contact reveals how comfortable you are with yourself-or how insecure you are with yourself-and many other things. Hold initial eye contact until SHE looks away-demonstrate your 'confident, masculine, sexually aware male' status. Blink and move your eyes more slowly.

Voice Tone

Deepen your voice, speak from your chest and stomach, not from your nose and mouth. Work on speaking deeper, slower, and using.... PAUSES.

Deliberate, articulate, rhythmic voices are very distinctive and attractive. The confidence these voices demonstrate is powerfully mesmerizing to women.

If you think you've got a higher pitch voice and you're just stuck with it, you're wrong. You CAN lower your voice if you want to: consciously draw air from deeper in your lungs, and consciously relearn the sound of your voice. In time the deeper voice will come all the way from the unconscious level.

Dashes Of Romantic Spice

A woman actually gets a tangible sense off of men who're aware of these deeper levels of Sexual Communication AND who also sprinkle traditional 'romantic,' 'chivalrous,' or 'gentlemanly' traits into the mix too.

When a woman detects a man who really 'gets it' and finds him attractive even when he isn't interested in her.

When you open a door for a woman, walk on the outside of the curb, order her food, choose a bottle of wine, or any of 100 other actions of this nature, it can powerfully AMPLIFY the interaction.

Just make sure you don't do these things WITHOUT using also using the context of Sexual Communication. Use them as spice, not the main dish.

Now let's talk about some of the physical aspects of Sexual Communication... meaning the kissing, touching, and even sex.

Men Take The Risks

Have you ever been sitting and talking to a woman, wanted to kiss her, but then been unable to do so because you didn't know how to go about it?

Have you ever not progressed further than kissing because you were worried that being more sexual might offend her and screw it all up? Has the risk of rejection ever stopped you from even trying to be sexually aggressive?

Have you ever been making out with a woman only to have her stop at some point and say "I think we should wait," or "this is too fast," "I like to take it slowly," etc.

I think most of us have been in these situations.

Men are expected to lead the way through the entire series of physical steps: holding her hand, kissing her, rubbing her body, etc. This also means the man has to take every risk along the entire advancement to sex-which, perversely, gives the woman the power to REJECT him at any point along the way.

The man is fully at risk, and if he screws up he doesn't just get a setback, he loses all chances forever. At least this is the way it seems to most...

But YOU Don't Have To

The reality is that if you understand how Sexual Communication and arousal work for women, you can avoid most of these issues, and virtually eliminate these problems.

There is a universal mistake that men make... and this one mistake probably leads to more resistance and rejection than any other one they make.

The average man fails because he behaves as if HE'S trying to get something FROM HER, when simply using this secret language would demonstrate that SHE could get great pleasure FROM HIM.

Stop acting like you're trying to GET something.

Start DEMONSTRATING in the language women listen for that they're going to GET great pleasure FROM YOU.

You can build a small start gradually all the way up to the highest levels of sexual arousal. IF you speak the language of ANTICIPATION understood by all women.

Anticipation

So let's talk about this particular KEY to sexually stimulating a woman, ANTICIPATION.

A wise teacher once shared this principle with me: a person will only do something they've already seen themselves doing in their mind FIRST.

In other words, until a woman has FIRST IMAGINED being with you sexually and ALREADY ENJOYED THE THOUGHT, she won't do it. When you tease, use anticipation, and amplify sexual arousal, you'll create emotions which AUTOMATICALLY BRING HER IMAGINATION TO VIVID PICTURES of the two of you together.

Men don't have this issue, because they can objectify the female body, become sexually aroused in .1 seconds, and have sex with a blow up sheep doll if there's one handy.

Men are like light switches while women are more like volume knobs. You need to turn women all the way up before they're in the same 'ON' position you are.

Study how to make women feel good! Creating total confidence that she's going to feel amazing will lead you both forward. All your behavior, and everything you communicate through it, must show a sexually aware, confident man who's going to make her feel incredible.

Wanting to be liked can be an actor's biggest problem because it distracts them from doing what they really need to do in order to play their role properly. Same with men.

You need to be able to control yourself and do what you know is right, even in the face of uncertainty and emotional turmoil. Don't try to be liked... just turn her on!

Two Steps Forward, One Step Back

THIS IS THE MOST IMPORTANT KEY TO AMPLIFYING ATTRACTION AND SEXUAL AROUSAL WITH WOMEN.

Start early! The setup for powerful physical electricity that leads to passionate kissing and sex can begin right away, and is affected by even seemingly insignificant things. For instance, if she comes to your house, then leaving the house quickly sets up a magnetic curiosity and comfort she'll want to explore later...

Likewise, not taking advantage of more than just a kiss if you can, creating ANTICIPATION by making suggestions but then not doing them... making her think about it until it happens unexpectedly and she can be swept away by it.

Another is stopping things, especially when you couldn't do anything about it anyway.

Men Usually Create All The Resistance Without Realizing It

Most men approach sex in a way that makes women resist, protest, and often ultimately decide against ANY kind of future physical relationship with the man.

This is characterized by trying to touch before she's ready, immediately groping her after kissing, and generally not understanding the whole process of sexually arousing a woman.

The answer is to approach physical advances from a different perspective. In sales, it's best to always focus on the needs of the buyer by demonstrating how the product or service will solve a problem of the buyer's and never to focus on the needs of the seller. With sex, it's about demonstrating:

1. That you understand the process and exactly what's happening.
2. That you have control of yourself and the situation.
3. That you've got the ability to turn her on without any overtly sexual talk or touching.

Once she's turned on she'll feel sex was her idea, and she'll initiate the sexual gestures, such as grinding, touching, or talk. Then there's no more resistance.

On the other hand, if she doesn't become turned on, then trying to progress will only cause resistance.

Confidence, Certainty, Knowing What Happens

Moving forward naturally from one step to the next shows you understand what's going on, that you 'get it' and know what to do.

Two forward and one back demonstrates that your control of the situation and yourself. Tease and even use outright takeaways sometimes... make her say please. Hold the mindset of "I could, but I won't."

At the start, a light, slow touch is what most turns women on-and without being overtly sexual.

But this is heavily contrasted later by pulling, grabbing, and other passionate physical displays they really enjoy.

Sample Physical Progression

Now I'd like to show a specific sample progression that strongly amplifies a woman's sexual arousal at each step, accelerates the process leading to sex, and

makes it more powerful, passionate, and intense than anything she's ever experienced, so that she becomes literally swept away, unable to control herself...

Sit on your bed, far away from her.

Give her a hand massage.

Get massage lotion or oil and use it, rub further up the arms. Stop, and lean back.

Put your hand out as if to take hers, and then when she gives it to you, give it back.

Turn her around and rub her shoulders for awhile.

If you need to learn, get massages and massage books to learn how. Stroke neck and exposed neck/shoulder skin *very* gently and slowly. Stop, and lean back.

Pull her over gently to cuddle, spoon and put arm around her and relax. Continue talking casually; say "You're comfy."

Smell her neck, then lean back and comment on her smell. Relax for a few minutes.

Smell her neck for 10 minutes straight, moving your nose on her neck. Pull her close as you're smelling and say "I want to bite you."

When you can tell she's VERY worked up tease her with an 'almost kiss.' Keep smelling, and touching/rubbing her in the NON-X rated areas.

Run your fingers around any seams where her skin is showing, even pull up her shirt slightly; tease.

Kiss her deeply, and keep pulling her towards you. Kiss for at least 10 or 15 minutes.

Stop and lean back, maybe take a break to use the restroom, get water, etc.

Set some mood by lighting candles, playing music, etc.

Start kissing again, and this time move her into different sexual positions.

When she's on her stomach, pull her hair while kissing her.

When she's completely hot and bothered, test to see if she's comfortable being touched between the legs by putting your hand NEAR her crotch, but not on it for a few minutes, then taking it away. Repeat.

Touch her breasts through her clothes, and gently pinch her nipples.

If she's very turned on, run your hand from her upper leg up to her crotch as you're kissing her and rub her there for just a moment and make a deep "Mmm" sound. If she enjoys this, then stop it and just kiss, smell, and make out for awhile.

Reach down, and unbutton her top pants button, and put your fingers down the front of her panties... Touch her down there, and then put your finger in both of your mouths as you're kissing.

If she enjoys this, then take off her pants, and have sex. Tease her with your mouth or sexual tool. Keep building anticipation, all the way to the end.

You can naturally transition to all positions now, because you tried and tested them while kissing her.

Always use protection and take safe sex precautions!

After, if you really want to make the experience wonderful, feed her some chilled fruit like strawberries, share a bath, etc.

Resistance and PERSISTENCE! No no no... YES!

A woman's resistance is often more about her wanting a different pace than the man. If you're willing to compromise on the speed of the physical progression, she may be willing to want the same destination for the physical progression you do.

Persistence, nothing forceful or pushy but just continuing at the already accepted level, builds anticipation for the next level. Enough anticipation eventually generates enough desire for the next level to allow her to lead you there herself!

Summarize and wrap up...

Why do women break it off with men after one or two or three dates? Or after one or two or three YEARS?

Because the ATTRACTION is gone. Because she doesn't FEEL it anymore. Most women cannot explain this to you specifically, but that's what's going on. They don't know why it's happening or how it happened, and they don't know how to fix it.

So if you want to keep a woman feeling attracted to you, NEVER be predictable, keep up the sexual communication, the Cocky and Funny, the anticipation, and the ability to give her mind-blowing sexual pleasure.